

DINNERLY



Feed-A-Crowd Moroccan Veggie Tagine: Same Meal Price, Double the Portions!



35 minutes



2 Servings

Want more bang for your buck? Serve up double the portions with our new Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 onion
- 3 sweet potatoes
- 2 zucchini
- 2 x 400g chickpeas
- 20g Moroccan seasoning ¹⁷
- 2 x 400g diced tomatoes
- 300g couscous ¹

WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 2 tbs tomato paste
- 400ml boiling water
- 1 tbs red wine vinegar ¹⁷
- 2 tsp honey

TOOLS

- large saucepan with lid
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 690kcal, Fat 13.1g, Carbs 112.0g, Proteins 22.6g



1. Prep ingredients

Thinly slice the **onion**. Peel the **sweet potatoes** and cut into 1.5cm chunks. Halve the **zucchini** lengthwise, then thinly slice. Crush or finely chop **2 garlic cloves**. Drain and rinse the **chickpeas**.



2. Start tagine

Heat **1 tbs olive oil** in a large saucepan (see Feed A Crowd) over medium heat. Cook the **onion** and **garlic**, stirring, for 3-4 mins until softened. Add the **Moroccan seasoning** and **2 tbs tomato paste** and cook, stirring, for 1 min or until fragrant. Stir in the **sweet potato**, **chickpeas**, **tomatoes** and **250ml (1 cup) water**.



3. Simmer tagine

Bring the **tagine** to the boil, then cover and reduce the heat to medium-high. Cook, stirring occasionally, for 25-27 mins until the sweet potato is tender. Meanwhile, put the **couscous** and **2 tsp olive oil** in a large heatproof bowl, pour over **400ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork.



4. Pan-fry zucchini

Heat **2 tsp olive oil** in a large frypan over medium-high heat. Cook the **zucchini**, stirring occasionally, for 5 mins or until tender. Remove the pan from the heat.



5. Serve up

Add **1 tbs red wine vinegar** and **2 tsp honey** to the tagine and stir to combine. Taste, then season with **salt and pepper**. Remove the pan from the heat. Divide the **couscous**, **tagine** and **zucchini** among plates and enjoy!



6. Feed A Crowd

You'll need to go big here, so use the largest saucepan you've got.